

Nation

Volume 14, No. 07 • February 16, 2007

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Cree Education Assembly

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Our lives, our land, our health

by Luke MacLeod

Recently in our community a regional conference was held on diabetes and its effects on our people in Eeyou Astchee. I would like to add some recommendations, things that we as a community could consider to lead us towards prevention in the fight against diabetes.

The need for better nutrition and more physical activity is a main focus. The late Reuben Voyageur told a story about kaawipinkaashich a few years ago when we were trying to find where the name came from. He told us he was a young boy when a fire went through there which they fought to put it out. Reuben went on to say for many years people went there to pick blueberries and it was always called "Kaawipinkaashich." I also remember our mother getting us into a canoe to go blueberry picking at this place, many years later of course.

I have heard that the forestry companies will be allowed to cut the trees in the areas that burnt this summer. I think this should be reconsidered, especially in and around the community. This activity renders the land basically useless for many years afterwards. What will we gain other than stumpage fees and a devastated area after all their machinery goes through it?

To allow it to naturally regenerate makes more sense when you consider that for many years we will have blueberries which are known to help prevent diabetes. With some management we could extend this activity to 30-40 years. The burnt trees will provide firewood, for individual use, for health projects and for those who just need the exercise.

My mother used to tell me of the time my dad used to hunt for grouse along the esker to the west when it had new growth. Where it burnt this summer we will eventually have small game, including rabbits, providing a healthier food choice.

In the future if we are considering access to this area for gravel or to build our community we should again take time to consider areas for recreational purposes, such as cottages around Bishop Lake.

Creating awareness is another issue,

especially for future generations. Teaching better nutrition in schools is possible as this is often neglected or cannot be properly addressed at home. However, many children go to the restaurants for their lunches these days. Making affordable healthy meals available in a lunch program at the schools could be a better option. The idea is they get used to these foods and will stay away from harmful ones.

As community members living with diabetes we must also help ourselves. Starting a Diabetes Club that's there for support, that organizes events focused on prevention could assist CBHSS and Public Health.

Since the number of diabetics is growing annually, especially in Mistissini, action has to be taken to prepare ourselves. Consider the numbers of people not diagnosed because they are unaware and those who will not get check ups even when they have the symptoms. There are many who know they will be refused coverage under group insurance where they work if they are diagnosed with diabetes. There are probably more who are not reporting properly in their application forms.

Not only is it scary to think of what the actual number of people with diabetes could be, but what will happen when employees can no longer work? Can the band as a major employer walk away and state it was not their fault?

The BBC aired a report recently stating diabetes is the latest epidemic that could wipe-out First Nations peoples across the globe. There are Cree communities today in our Eeyou Astchee that likely have 50 per cent of their population living with this disease. By the latest statistics Mistissini could be as high as 1,000 people. We must look at this as a fight to save our people. There will be many who will be lost, many who will be crippled that will have to be accepted. Changes need to be made immediately. But do not forget our people survived many generations through various diseases, famines since man first walked this earth.

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on the cover

Photography: Will Nicholls

Design: Cheryl Tom

Snowblind



Fine. So winter is back. I take back what I said in an earlier issue about the balmy winter. I won't complain anymore about the warmth.

Two weeks later, a perfect winter storm arose from the northwest and settled in with a vengeance (an expression I've heard quite often these days, from those who are either out to impress me or the guy went to school, either way, I was impressed). It's made the last 72 hours a heaven-sent playground for the consistently sweaty people who suffer from the heat.

Making sure that winter is back, a little hockey tournament transpired for dwarves (or was it the midget league?) over the weekend, making it even more memorable since I had some strangers over to spend a few nights as guests at my humble abode. They, being of short stature (or is it just the midget league?) swiftly conspired to root out all things noseworthy, including my ultra private computer residing on my new hutch (strictly off limits to those who dare).

Quickly settling in for a weekend of hard hockey games, they quickly rose to instant fame, winning the tourney even without one particular Rumpelstiltskin (who slept 20 hours a day and lived on toast) and without one wandering coach, who we luckily latched back onto on the way to the plane departing south.

Was it just the sheer delight of an easy win or was it the local environment that influenced the team to play hard? Or, was it the fact that the local girls needed impressing? After a tearful departure, they were homeward bound, leaving our frigid neighborhood to ready themselves for another bout in Chisasibi. Good luck guys!

Speaking of storms, other communities felt the strong winds of a

low-pressure system that wouldn't be pushed out in time for work and school, shutting down entire towns in squalls worthy of the worst of storms. Driving around town in a white space where shadows are non-existent and snow slides sideways in winds that take your breathe away makes it even harder for hardy pedestrians to get around.

I wondered if these extreme conditions are covered by the insurance plan as a shifting figure popped out about 15 feet away at twelve o'clock, far enough for the ABS to kick in and save the health board the cost of a medi-vac.

Whoosh, that was close. I offered the unsuspecting walker a ride; he could come in handy to get me unstuck from some hard-to-see drift. Arriving at another spot in town to pick up some prescription pills, a snow bank higher than I arose to block off the daycare, another enterprise affected by the ideas of the Valentine month. Funny, only the places that made their income with cash stayed open, making me wonder again...hmmm... what gives here?

Too dangerous to go to work but not enough to shop and play? Anyways, who wants to work in those conditions? Some people, feeling guilty from not working, made themselves busy and cleaned up their homes. Really, I asked around. Surprisingly, some felt so guilty; they even cleaned out the tool shed and wandered out to the local garbage dump to dispose of their wastes, only to find an impregnable barrier of hardened snow in the way, making all that effort for naught.

For those who have not the will for the frosts of nature, go south young lads and lassies. Aye, 'tis the season to fraught not, and chill.

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COONISHISH BURNS UP THE SNOW ON RACING CIRCUIT

by Steve Bonspiel

Oujé-Bougoumou's favorite snowmobile-racing son, Katejun Coonishish, has been tearing up the World Power Sports Racing circuit, currently holding down second place in the overall standings.

Coonishish also made his second appearance recently at the Winter X Games in Aspen, Colorado, where he finished fifth against the world's best snowmobile racers.

Although still considered a semi-pro, Coonishish – who's only 19 years old – will be turning pro next year and along with it will come more cash and more sponsorships.

Coonishish talked about the adrenaline running through his body as he qualified for the final round in the January 25-28 X games, something he failed to do last year.

"My sled was running perfect over there and I got a hole shot, I came out first of the line," he said. "I was leading the race for a little while, but Ryan Simons is really fast, so he got by me. I was going to put a move on him again, but I couldn't so I just thought that second place was just as good as a first in that race so I could go straight to the final."

Coonishish said that because the racers at the X Games are so good and the altitude so high, it made it harder for him to breath. He is also still learning how to compete at the prestigious event.

"In the final I got a really bad start," he said. "I got rammed off the track and I was 12th or last place and then I worked my way up. I managed to get by a whole bunch of fast guys, and I finished fifth. I felt pretty good to get by all the Skidoo riders, so I was the top Skidoo rider and I was happy about that. I also ended up being the top semi-pro



Photo by Alain Fillion | scm racing.com

rider there."

Coonishish was scouted early on in his youth by the Blair Morgan team and other snowmobile manufacturers and racing teams. Once he finished high school in O-J he had an open invitation to join the tour. So he moved south and is currently based in Minneapolis.

Second- and third-place finishes in the first two national events have bolted Coonishish into the second overall position in the modified snowmobile category of the tour. He currently sits 12th in the stock or unmodified category.

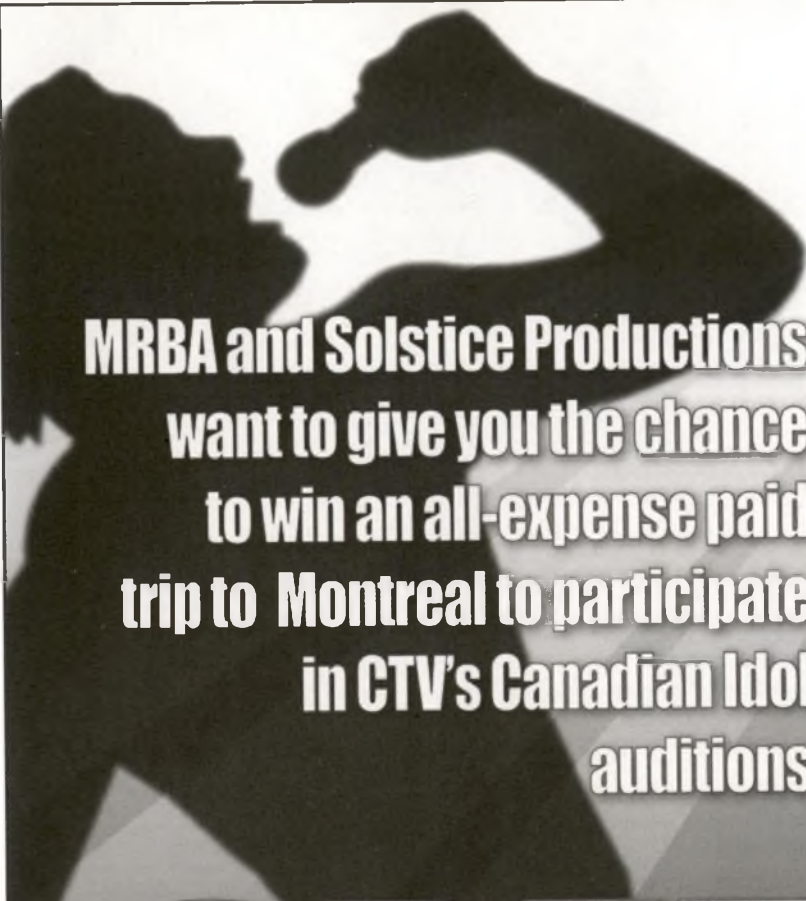
His season opened on November 15 and wraps up in mid-March. He has also participated in regional races that don't count towards the points on the tour.

"It feels pretty good," he said of the tour. "Especially when you beat one of them, you're like, 'I used to watch this guy on TV and now I beat him.' It's a great feeling."

When he first started out, Coonishish had a few interested sponsors to help him out. Just over a year into the WPSA Power Sports Snowmobile Tour, he has already picked up numerous sponsors including the main one, Warnert Racing. He left Blair Morgan racing last year.

Coonishish said that he has learned a lot since he joined the tour. He hopes to practice on O-J's sawdust track and can't wait to get back to the Winter X Games next year.

"I hope to get a podium for sure next year," he said. "This year I finished fifth, but I'll be more confident and more ready next year."



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CREE IDOL 07

DEADLINE TO REGISTER: FEBRUARY 23, 2007 3:00pm.

MRBA and Solstice Productions will be hosting the first Cree Idol in Moosonee, Ontario on March 2 & 3, 2007. The competition will be held in the JBEC Gymnasium. Registration is limited, please register early!

Registration Fee: \$20

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E-MAIL: creeidol@solsticeproductions.net

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CREE IDOL COMPETITION ANNOUNCED



Former Canadian Idol contestant
Isaac Mianscum

Calling all sopranos, altos, lounge singers or rocker wannabes for the inaugural edition of Cree Idol! Whether you can sing or only think you can because you sound really good in the shower, Cree Idol wants you!

For a meager \$20, contestants can sign up for the latest version of the hugely popular 'Idol' competition and try their luck at winning the grand prize – an all-expenses paid trip to Montreal on March 17 to battle it out for Canadian Idol supremacy.

"It came about from friends and family," explains Stan Kapashesit, co-owner of Solstice Productions. His company, along with the Moose River Broadcasting Association are holding the contest March 2-3 at the James Bay Education Centre in Moosonee. They will be footing the winner's bill along with Air Creebec, who will fly the winner to Montreal from whatever community they live in.

"The popularity of Canadian and American Idol is very strong in most of the communities that I visited," Kapashesit continued. "It came from, 'Wouldn't it be nice to send somebody to audition for Canadian Idol,' and from there we just took it to the next step."

Kapashesit is hoping for crowds in excess of 400 people for the two-night competition. Admission at the door will be \$5. Contestants from 16-28 years old are welcome to take part.

"A lot of the time these performers are either first timers, or they just play locally in their community," said Kapashesit. "There are a lot of talented musicians I'll tell you. I think by doing this it will maybe open their eyes to the possibilities that are out there. You don't just have to stay home to sing. If you want to take the chance, we'll support you and send you down to Canadian Idol."

The Nation spoke with Mistissini's Isaac Mianscum, who has tried out for Canadian Idol the last two times it was in Montreal. Although he's taking a break this year and will not be entering Cree Idol, he thinks that the winner of this competition can go further than he did.

"I think it's good for Natives," he said. "It's a new step for the Cree people."

When Mianscum tried out the first time, in 2004, he made it to the second round, before the judges. His advice to aspiring Cree Idols is to be calm.

"Just be yourself and have confidence in yourself. Humour is good too," said Mianscum, who continues to sing at gatherings and social functions in his hometown.

Kapashesit is excited at the possibilities this competition creates for northern youth.

"We want to send a deserving Cree musician so they can get the exposure and mainstream opportunities," he said. "And we hope to continue this into the future years and to keep the ball rolling for as long as Canadian and American Idol is popular."

Solstice Productions is willing to work with the winner as they are now branching out into artist and event management. Unlike Canadian and American Idol, however, it is not a prerequisite for the winner of the event.

One prerequisite is that entrants must be of Cree ancestry.

"Hopefully, it encourages them to think outside of the different careers that are out there. A lot of people in the north don't think of music as a career option. Some dabble in it and have fun with it when they do it up here, but they should realize too that it is possible to make a career out of it and go on to recording contracts and selling records and MP3s," he said.

by Steve Bonspiel



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Peeet

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Watt Cloutier up for Nobel Peace Prize

Former US Vice President Al Gore has some tough competition for this year's Nobel Peace Prize: Sheila Watt Cloutier.

Makivik President Pita Aatami expressed the pride of the Inuit of Nunavik for Watt Cloutier's nomination. "We believe that Sheila's hard work has brought the attention of the globe to the importance of preserving and promoting Inuit culture by way of guarding the Arctic environment. This is an important milestone, which has brought more attention to our cause. We are proud of you, Sheila!"

Her work with the Inuit Circumpolar Conference, which she chaired from 2002 to 2006, championing the rights of her fellow Inuit, brought her to the Nobel board's attention.

Watt Cloutier, an Inuk born in Kuujuaq, was earlier involved in youth issues. After several years working for the Kativik School Board, she devoted part of her time working for the Nunavik Education Task Force, from 1990 to 1992. She was Corporate Secretary of Makivik from 1995 to 1998 and worked on social issues, especially for the support of youth in Nunavik.

The Nobel Peace Prize winner will be announced next October.

Is climate change a crime against humanity?

The Inter-American Commission on Human Rights will examine a request to consider whether climate change due to environmentally unfriendly practices constitutes a human rights violation.

Only two months ago, the organization had rejected a petition filed by Sheila Watt-Cloutier and 65 other Inuit in 2005. The U.S.'s failure to sign or non-compliance with international treaties to cut greenhouse gases was at the heart of the petition.

But the Commission will take another look at the issue during a hearing in Washington, D.C., on March 1.

The Inuit and two lobby groups – The Centre for International Environmental Law and Earth Justice – will have an hour to convince the commission that blatant disregard for greenhouse gas emission levels violates the human rights of the Inuit and threatens their way of life.

AFN starts foster fight

The Assembly of First Nations will file a human rights complaint against the federal government over Ottawa's "systemic discrimination" in underfunding Aboriginal child-welfare services.

"Our children need action now, so I am announcing that we are putting governments on notice that a lack of action should be viewed as putting children at risk," AFN Chief Phil Fontaine

said to the International Congress on Ethics in Gatineau, Quebec, while announcing the complaint on February 5.

Fontaine points to statistics showing that one in 10 aboriginal children are in foster care, compared to only one in 200 non-aboriginal children. The AFN also said that child-welfare agencies for First Nations get 22 per cent less money than do those that deal with non-aboriginal children. About 27,000 Aboriginal kids are currently in foster care.

"Such systemic discrimination must end," Fontaine said. "This situation for children in care must end. I have always said that I would rather negotiate than litigate or demonstrate. But if this is the only way to bring attention and action to the situation, so be it."

The human-rights complaint is expected to be filed with the Canadian Human Rights Commission this month.

Chippewas evict non-Native cottagers

The Chippewas of Nawash First Nation in Hope Bay, Ontario, are taking their land back and in the process have served eviction notices to the non-Native cottagers who have built cabins on the leased-out land. The Chippewas informed the 68 cottagers that their long-term leases, administered by Ottawa, would not be renewed and gave them a deadline of January 31 to leave. At the same time they were told not to remove or dismantle the structures on their way out because the Nawash First Nation now owns them. Many of the cottagers built the structures for their future generations, despite the fact that they could never own the land and were relying on short 10-year leases. The property had been rented out to non-Natives since 1965. They have hired a lawyer and are hoping to regain access to their cabins.

Cree miners hit subsidy lode

Quebec is seeding the Cree Mineral Exploration Board with \$600,000 to help grow Cree participation in Northern Québec's mining industry. The cash will be spread over two fiscal years, 2006-2007 and 2007-2008.

"Northern Québec has great mineral potential," Natural Resources Minister Pierre Corbeil said in a press release announcing the pre-election bonus. "Its resources must be developed in a sustainable development context and in a manner that is respectful of communities."

Corbeil said the money will help develop high-quality expertise within Native communities that can lead to the creation of jobs and businesses in the mining sector.

"These mining funds notably finance mineral exploration projects and facilitate the hiring of Natives by mining companies," he said. "In the context of workforce renewal in the mining sector, the involvement of Native workers will be beneficial."

Let's Talk Edu

by Will Nicholls

Montreal hasn't seen this many Crees gathered since last year's Grand Council/CRA Christmas banquet. They came from all over Eeyou Istchee to talk about education and learn about the inner workings of the Cree School Board and its various departments. One hot topic concerned a proposal to change the way school committees function. After much discussion it was decided to fully examine the issue over the next year to see what each community wanted. Some committee members noted that while non-parents may vote in elections, they are unfairly barred from serving on the board and that this should change.

Abraham Jolly, the Director General of the CSB, took some time out of his busy schedule to talk with *the Nation*.

The Nation: What were some of the things you hoped to achieve with the assembly?

Abraham Jolly: Well, there's a little history with these orientations for school committees. We wanted to make it more of an assembly where there was a definite connection between the Cree School Board and its departments to the schools at the local level. We wanted it in particular for the school committee members because there are always changes with elections happening every year or three years. We need to orient the new members in relation to the CSB and their functions as committee members.

So this was a way to bring that all together. We have the displays put on by our various departments, so the information is there for them. They can gather the information so they are familiar with their role and have an understanding of what the departments do and can do. This way they can learn what we do as the CSB.

What else was achieved?

The connection was an important thing as there have been gaps here and there in terms of communication between the school committees and the schools themselves, the departments and services. By having the members present here face to face with the departments and the department

heads we are establishing an important relationship. The communications aspect was something that we all wanted to improve.

What would you like to tell the people back home about the assembly?

We will be putting out a newsletter on this event, so they can expect that. There will be communications about this assembly. It is one of the reasons we have hired a communications officer for the CSB.

We want to communicate with the communities and to let them know we are there and available on the topic of education. The CSB wants to get a local perspective on education along with their issues. We want to continue to improve on communicating with Crees and that's what I want to let the communities know.

One of the other aspects we really wanted to touch on with parents of children in Cree schools was the whole issue of curriculum and the CSB. This is something we are communicating with people on here at the assembly. Some of the presentations here dealt with the curriculum, the reforms being done here in Quebec and what is the aspect of Cree in that context. That's something we will continue to be working on and the assembly was a good way to introduce that to the committee members as well.

The other key thing we will be introducing to the committees is the ratio of parental involvement at the schools. Our keynote speaker really emphasized the parent's role in a child's life and every aspect of their development. The speaker encouraged homes and parents to create and environment for children to grow healthy in all aspects of their lives. This especially applies in the early stages of a child's life and making parents aware of that. It goes beyond the value of education as we have to go back and talk about the value of our children, the stages of their lives. It was heavily emphasized and this was the highlight of the conference to my thinking as it came across really strong.

On the theme, "Let's Talk Education," it is one thing to say let's talk education and some people

cation a CSB assembly

may say haven't we talked enough about education and how about the action aspect of it?

In this assembly we said, let's talk education but let's talk constructively. Let's build the idea of the education system itself the way we talked about it. We also mentioned that the Cree Nation must have confidence in the education system and we, as parents and those involved in education, must deal with the education system competently to achieve that. Hopefully all this will spill over to the local communities and families so they see there is something being done to improve Cree education.

Another aspect is that we need to change and let's have the courage to face change in the way we are going to improve education as well.

The assembly also touched on is how can we individually work to improve education whether it is as parents, educators or so forth.

Overall, by having the committee members, the CAs, the pedagogical services people and the administration, we have managed to look at the CSB as a whole collective Cree education structure.

As an assembly, this is a first for the CSB. How would you rate it as a success?

I think we will get some input on that from the members themselves but the sense I have about it is that it was a success. It is something we can build on and it's an improvement from last year. It wasn't called an assembly then but now it is. That was a decision by the school committee members. I think it's going to open more doors for us and the way we will talk about education in the future. I believe the school commissioners realize the importance of this type of assembly as well as employees of the CSB from department heads to people like me, as the Director General.

I think we all realize the importance of this and will continue to work on both short term and long term goals in improving Cree education. I think people at this assembly are of the opinion we all want to work forward from here.



resolutions

Cree School Board Education Assembly 2007 Resolutions January 30, 31 and February 1, 2007

SUBJECT: Organize Parenting Workshops

WHEREAS The School Committees from the nine (9) Cree Communities are represented by several of their members at the Cree School Board Education Assembly;

WHEREAS voting members of these school committees wish to formulate official recommendations on certain issues to the Council of Commissioners of the Cree School Board;

WHEREAS workshops were organized where various topics were discussed by the members at the Cree School Board Education Assembly;

RESOLVED:

THE FOLLOWING RECOMMENDATION IS SUBMITTED BY THE ASSEMBLY TO THE COUNCIL OF COMMISSIONERS

Organize parenting workshops

PROPOSED BY: Naomi Awashish **SECONDED BY:** John Henry Wapachee

ACTION: Carried

SUBJECT: Create an Information Kit on Parental Involvement school agendas, etc

WHEREAS The School Committees from the nine (9) Cree Communities are represented by several of their members at the Cree School Board Education Assembly;

WHEREAS voting members of these school committees wish to formulate official recommendations on certain issues to the Council of Commissioners of the Cree School Board;

WHEREAS workshops were organized where various topics

were discussed by the members at the Cree School Board Education Assembly;

RESOLVED:

THE FOLLOWING RECOMMENDATION IS SUBMITTED BY THE ASSEMBLY TO THE COUNCIL OF COMMISSIONERS

Create an Information kit on parental involvement, school agendas, etc.

PROPOSED BY: Rhonda Oblin **SECONDED BY:** Clarence Minaquaken

ACTION: Carried

SUBJECT: Have a parent day and recognize it as a pedagogical day

WHEREAS The School Committees from the nine (9) Cree Communities are represented by several of their members at the Cree School Board Education Assembly;

WHEREAS voting members of these school committees wish to formulate official recommendations on certain issues to the Council of Commissioners of the Cree School Board;

WHEREAS workshops were organized where various topics were discussed by the members at the Cree School Board Education Assembly;

RESOLVED:

THE FOLLOWING RECOMMENDATIONS IS SUBMITTED BY THE ASSEMBLY TO THE COUNCIL OF COMMISSIONERS

Have a parent day and recognize it as a pedagogical day





PROPOSED BY: Chris Napash **SECONDED BY:** Mabel Bearskin
ACTION: Carried

SUBJECT: Promote Teacher Education (Training) Program for Cree's

WHEREAS The School Committees from the nine (9) Cree Communities are represented by several of their members at the Cree School Board Education Assembly;

WHEREAS voting members of these school committees wish to formulate official recommendations on certain issues to the Council of Commissioners of the Cree School Board;

WHEREAS workshops were organized where various topics were discussed by the members at the Cree School Board Education Assembly;

RESOLVED:

THE FOLLOWING RECOMMENDATION IS SUBMITTED BY THE ASSEMBLY TO THE COUNCIL OF COMMISSIONERS

Promote Teacher Education (Training) Program for Cree's

PROPOSED BY: Karl Simard **SECONDED BY:** Tanya Blackned

ACTION: Carried

SUBJECT: Promote Cree History and Cree Culture

WHEREAS The School Committees from the nine (9) Cree

Communities are represented by several of their members at the Cree School Board Education Assembly;

WHEREAS voting members of these school committees wish to formulate official recommendations on certain issues to the Council of Commissioners of the Cree School Board;

WHEREAS workshops were organized where various topics were discussed by the members at the Cree School Board Education Assembly;

RESOLVED:

THE FOLLOWING RECOMMENDATION IS SUBMITTED BY THE ASSEMBLY TO THE COUNCIL OF COMMISSIONERS

Promote Cree history and Cree culture

PROPOSED BY: Mabel Bearskin **SECONDED BY:** Lily Napash

ACTION: Carried

SUBJECT: Make Representation to MELS to Acquire Accreditation for Cultural Activities that are Held within the Regular Classes and Out on the Land

WHEREAS The School Committees from the nine (9) Cree Communities are represented by several of their members at the Cree School Board Education Assembly;

WHEREAS voting members of these school committees wish to formulate official recommendations on certain issues to the Council of Commissioners of the Cree School Board;

WHEREAS workshops were organized where various topics were discussed by the members at the Cree School Board



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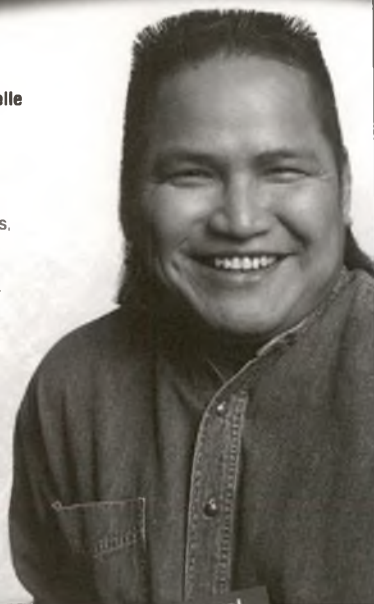
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Education Assembly;

RESOLVED:

THE FOLLOWING RECOMMENDATION IS SUBMITTED BY THE ASSEMBLY TO THE COUNCIL OF COMMISSIONERS

Make representation to MELS to acquire accreditation for cultural activities that are held within the regular classes and out on the land

PROPOSED BY: Minnie C. Longchap **SECONDED BY:** Chris Napash

ACTION: Carried

SUBJECT: Make Representation to CRA to Introduce Cree Language at the Day Care Level

WHEREAS The School Committees from the nine (9) Cree Communities are represented by several of their members at the Cree School Board Education Assembly;

WHEREAS voting members of these school committees wish to formulate official recommendations on certain issues to the Council of Commissioners of the Cree School Board;

WHEREAS workshops were organized where various topics were discussed by the members at the Cree School Board Education Assembly;

RESOLVED:

THE FOLLOWING RECOMMENDATION IS SUBMITTED BY THE ASSEMBLY TO THE COUNCIL OF COMMISSIONERS

Make representation to CRA to introduce Cree language at

the day care level

PROPOSED BY: Emmett MacLeod **SECONDED BY:** Mabel Bearskin

ACTION: Carried

SUBJECT: Design the School Calendar taking Into Consideration the Cree Cultural Breaks (Moose Break, Fall, etc)

WHEREAS The School Committees from the nine (9) Cree Communities are represented by several of their members at the Cree School Board Education Assembly;

WHEREAS voting members of these school committees wish to formulate official recommendations on certain issues to the Council of Commissioners of the Cree School Board;

WHEREAS workshops were organized where various topics were discussed by the members at the Cree School Board Education Assembly;

RESOLVED:

THE FOLLOWING RECOMMENDATION IS SUBMITTED BY THE ASSEMBLY TO THE COUNCIL OF COMMISSIONERS

Design the school calendar taking into consideration the Cree cultural breaks (Moose breaks, Fall, etc.)

PROPOSED BY: Jack Ottereyes **SECONDED BY:** Edna Neeposh

ACTION: Carried





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SUBJECT: Establish a Cree Language Institute in Collaboration with CRA, CHB, etc

WHEREAS The School Committees from the nine (9) Cree Communities are represented by several of their members at the Cree School Board Education Assembly;

WHEREAS voting members of these school committees wish to formulate official recommendations on certain issues to the Council of Commissioners of the Cree School Board;

WHEREAS workshops were organized where various topics were discussed by the members at the Cree School Board Education Assembly;

RESOLVED:

THE FOLLOWING RECOMMENDATION IS SUBMITTED BY THE ASSEMBLY TO THE COUNCIL OF COMMISSIONERS

Establish a Cree Language Institute in collaboration with the CRA, CHB, etc.

PROPOSED BY: Chris Napash **SECONDED BY:** Naomi Awashish

ACTION: Carried

SUBJECT: Assess the CLIP Program

WHEREAS The School Committees from the nine (9) Cree Communities are represented by several of their members at the Cree School Board Education Assembly;

WHEREAS voting members of these school committees wish to formulate official recommendations on certain issues to the Council of Commissioners of the Cree School Board;

WHEREAS workshops were organized where various topics were discussed by the members at the Cree School Board Education Assembly;

RESOLVED:

THE FOLLOWING RECOMMENDATION IS SUBMITTED BY THE ASSEMBLY TO THE COUNCIL OF COMMISSIONERS

Assess the CLIP Program

PROPOSED BY: Lily Napash **SECONDED BY:** Reggie Neeposh

ACTION: Carried

SUBJECT: Create a Website for the Local Schools for Parents to Access Information on School Attendance, Activities, etc

WHEREAS The School Committees from the nine (9) Cree Communities are represented by several of their members at the Cree School Board Education Assembly;

WHEREAS voting members of these school committees wish to formulate official recommendations on certain issues to the Council of Commissioners of the Cree School Board;

WHEREAS workshops were organized where various topics were discussed by the members at the Cree School Board Education Assembly;

RESOLVED:

THE FOLLOWING RECOMMENDATION IS SUBMITTED BY THE ASSEMBLY TO THE COUNCIL OF COMMISSIONERS



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Create a website for the local schools for parents to access information on school attendance, activities, etc.

PROPOSED BY: Mabel Bearskin **SECONDED BY:** Lily Napash

ACTION: Carried

SUBJECT: Review the Criteria of Eligibility for School Committee Members in Order to Allow People who do not have Children in Cree Schools to Become Members (By-Law, etc)

WHEREAS the School Committees from the nine (9) Cree Communities are represented by several of their members at the Cree School Board Education Assembly;

WHEREAS voting members of these school committees wish to formulate official recommendations on certain issues to the Council of Commissioners of the Cree School Board;

WHEREAS workshops were organized where various topics were discussed by the members at the Cree School Board Education Assembly;

RESOLVED:

THE FOLLOWING RECOMMENDATION IS SUBMITTED BY THE ASSEMBLY TO THE COUNCIL OF COMMISSIONERS

Review the By-Law on the Eligibility Criteria for School Committee Members

PROPOSED BY: Daniel Mark Stewart **SECONDED BY:** Dennis Cheezo

ACTION: CARRIED Minnie C. Longchap – Objected Allen

Neeposh - Abstained

Local Continuing Education Committees January 31, 2007

WHEREAS the Local Continuing Education Committees from the nine (9) Cree Communities were invited to participate to the Cree School Board Education Assembly;

WHEREAS the members present at the Assembly wish to formulate official recommendations on certain issues to the Council of Commissioners of the Cree School Board;

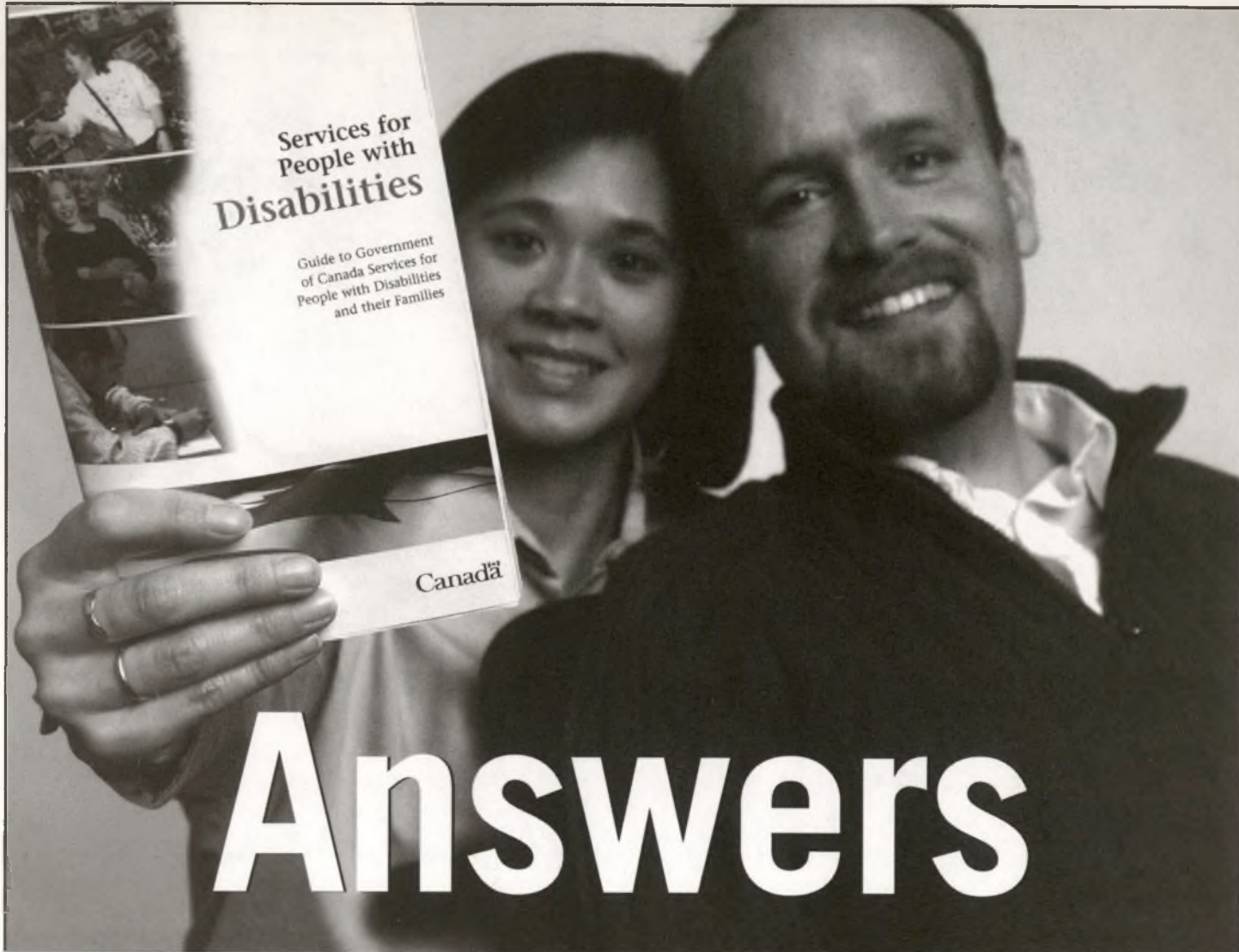
WHEREAS workshops were organized where various topics were discussed by the members at the Cree School Board Education Assembly;

RESOLVED:

THE FOLLOWING RECOMMENDATIONS ARE SUBMITTED TO THE COUNCIL OF COMMISSIONERS THAT

- 1) The Local Continuing Education Committee:
 - be involved in the hiring of teachers interviews
 - be part of the selection process of students for vocational Programs
 - have Honorarium for their members
 - have their own handbook for Local Continuing Education By-Laws
- 2) The Cree School Board explores the possibility of modifying the by-law and have more members (small businesses in the community) on the Local Continuing Education Committee





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Will on the Grill

by Will Nicholls

Ah, avocados, my favorite fruit. I won't bore you with any of my guacamole recipes this issue as I have written a couple in the past. However, I have included Will's Hard Salad, which has an easy cheater's recipe for the vinaigrette. The avocado is free of both sodium (salt) and cholesterol. Best of all, the fat in avocados is the monounsaturated kind, which is less harmful. It is also a good source of potassium. This mineral helps the body with muscle contractions and in maintaining fluid and electrolyte balance in our cells. Yes, it is quite important. Avocados also have 60 per cent more potassium than do bananas. Did I mention that avocados are reputed to be an aphrodisiac? This hasn't been confirmed by modern day science, but I think they do the trick! Other avocado health benefits include being an antioxidant, source of vitamin E, and benefits for the heart, eyes and prostate.

Remember that the recipes are not written in stone. Feel free to add or change ingredients and spices to your taste.

Will's Hard Salad

Very good and a healthy meal all on its own for lunch. You can substitute English or regular cucumber but I prefer the pickle because of the smaller seeds. The raw zucchini really adds to this salad in terms of taste. It is sort of like a cucumber but sweeter. The options section has other things you can add.

- 1 celery stick sliced thinly**
- 1 large avocado cut into chunks**
- 2 pickle cucumbers peeled and sliced 1/4 inch pieces**
- 1 small zucchini sliced into 1/4 inch pieces. Leave skin on.**
- 1 red pepper**
- 1 yellow or orange**

Options:

- 5-6 baby carrots sliced thin**
- Sliced almonds or pine nuts (both work but not at the same time)**
- 1-3 radishes cut into 1/4 inch chunks**
- Sugar snap pea pods (de-vein and cut in half)**

Cheaters Salad Dressing

This is a tried and true (and fast) method of making a salad dressing.

Balsamic Vinaigrette (something like President's Choice or Kraft)

Creamy Dijon Mustard (the mayo variety)

Just blend portions of the two together until you get the taste you want. Start with about 1/3 mustard to 2/3 vinaigrette.

Mix all ingredients together including dressing and eat. Will keep for a couple of days if you make two much.

Can't Believe it's Chicken

This is my easiest recipe for chicken and it is a crowd pleaser wherever I go. Cooks rave about it and women invite me over to cook this dish for them. I'm sitting here drooling as I think about it. Seriously, if you only try one recipe this year make it this one.

- 1 piece of ginger (thumb size)**
- 2 oranges**
- 2 chicken breasts sliced into 1/8 to 1/4 inch pieces**
- Sesame oil**

Use just enough sesame oil to cover bottom of frying pan.

Grate 1/2 of ginger onto the chicken. Finely chop remainder and add half of that to the oil.

Using a grater take one orange and scrape 1/4 of skin into oil. Peel the two oranges.

Put burner on high (just below max) toss in chicken.

As it is cooking take peeled orange and cut up into chunks allowing juice to go into frying pan.

As it cooks taste and add remaining ginger to taste.

Serve with rice and a steamed vegetable (broccoli, for instance).

Avocado and Canadian Bacon Pizza

So healthy you can't believe it's actually this tasty. It's easy and fast, and Canadian bacon is low fat, especially compared to regular bacon. Get the low sodium or no-salt version if you can. I've occasionally added broccoli, which changes the taste a bit but it's nice to place with your food sometimes.

- 1 unbaked pizza dough shell, 12 inches in diameter**
- 1 tablespoon olive oil**
- 1/2 teaspoon dried basil**
- 3 ounces Canadian bacon, cut in 1/4-inch dice**
- 1 large avocado, cut into chunks**
- 8 ounces tomato, thinly sliced**
- salt or salt substitute, as needed**
- 3 ounces Monterey Jack or old Cheddar cheese, shredded**

Brush dough with olive oil; sprinkle with basil. Overlap tomato slices, scatter bacon and avocado over tomato. Lightly sprinkle with salt or substitute. Sprinkle cheese over pizza.

Bake at 500 degrees F until lightly browned, about 10 minutes. Cut into 8 wedges.



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- ♦ To promote awareness and the available opportunities within the various regional and local entities/organizations within Eeyou Istchee
- ♦ To motivate and encourage the Youth to see a positive and a brighter future for themselves
- ♦ To inform youth that their participation is important towards the socio-economic of the Eeyou economy
- ♦ To showcase the available jobs and educational opportunities for the Cree Youth, and the general public of Eeyou Istchee
- ♦ An interaction session with the organizations/entities, where you can ask various questions
- ♦ An opportunity to interact with the motivational speakers

SCHEDULED TIMES

March 13 and 14

March 15

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9am-11am

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Though the day's origins are deeply rooted in Christianity, Valentine's Day as we know it is a multibillion-dollar machine that succeeds in prompting us to show people we are close to just much we love them via displays of cards, chocolates, flowers, perfume, lingerie and the like. In the United States it is even known as a "Hallmark Holiday," as it's the second largest card-giving holiday of the year.

Despite what marketers and advertisers may want us to think, however, expressing one's love doesn't necessarily require cash. Sometimes the best and most meaningful expressions of love are those that require time and effort and are handmade.

If you are looking for a creative way to express how you feel to your romantic partner, tell them with something personalized, such as a scrapbook of your lives together. Compile photos and mementos of things like your first date or how you met and other meaningful moments of your relationship and present them as a Valentine.

You don't necessarily have to go with a scrapbook, though. If you don't like that format, cutting out little hearts on coloured paper and leaving them in places where your Valentine will find them or up on a wall as a collage is also a great idea.

You could also create a little book of redeemable "love coupons" with little vouchers that your partner can use for "a romantic massage," or "a romantic couples night," or anything else that you think you can do to help your partner. Even giving your partner a coupon for you to do the dishes for them or to watch the

kids while they go out for some time to themselves can ultimately be of intense value to your partner as romance does not necessarily always start in the bedroom.

Sometimes acknowledging some of your partner's more immediate needs can go a lot further than a box of chocolates. One of the best things you can do is prepare a love package on the bed filled with candles, CDs of your favourite artists, blindfolds, chocolate syrup, massage oils and other sexy surprises that you can use on Valentine's Day, or, if 14th, is not convenient, whenever your partner wants.

Valentine's Day is always filled with fun activities for the little ones as kids will give Valentines to the other children in their classes and there are sure to be class parties. For some simple Valentines that the kids can make at home for their friends and family, get them to make sponge cards. Select some red or white construction paper and cut a heart out of a clean sponge. The kids can dip their sponge into red or pink tempera paint and use the sponge as a stamp. Once the paint dries, you and your child can write a Valentine's Day message on the home made Valentines. For more card or craft ideas for kids, go to www.enchantedlearning.com/crafts/valentine/

Valentine's Day is probably a difficult one for those who are single, but that doesn't necessarily mean that the whole day needs to be spent pining over what, or who, you don't have. Instead, why not celebrate with other singles? Get the girls or the guys together for a fun night out, hit a restaurant or a community party together and celebrate your friendship. Besides, you never know who you might meet while out with your buddies!

Should a night out not appeal to you, why not offer to baby-sit for a couple desperate for some couple time? What goes around comes around, and they may repay the favour the next time you want to go out on a date.

In the end, it's not about adhering to the commercial concepts of Valentine's Day but showing those that you love that you really love them whichever way that you can. Hallmark doesn't set the mark, you do.

A personal touch for Valentine's Day

by Amy German

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Posting Deadline:

March 2, 2007

We sincerely thank all candidates for their interest; however, only those selected for an interview will be contacted.



UNDER THE NORTHERN SKY

Changing the menu

by Xavier Kataquapit

Everyone loves a plate of French fries. We all know how bad they are for our health, but we inevitably convince ourselves that one serving won't do us that much harm. At least, this is what I tell myself whenever I sit down to enjoy my favourite fried food. A serving of fries from time to time won't do all that much harm to your body. However, if we give in to our cravings for grease and eat fried food regularly, our health deteriorates. Over time this tasty indulgence will catch up with us.

Imagine if you could actually lay out on a table all the fries and greasy food one eats over a year. We would end up with a mountain of the stuff. Now just think about what your poor body has gone through to process all that grease.

When I was younger I could afford to eat high-calorie fatty foods. I was active through our family contracting business. I was on my feet all the time and in my spare moments I was involved in sporting activities with my friends. At one point, our family ran a restaurant business where my younger brothers and I served greasy fast food to the entire community of Attawapiskat. We were grease pushers. For several summers, my friends and I basically lived on nothing but French fries and poutine. French fries are bad enough but poutine... oh my God.

French fries, burgers and poutine are more or less a staple in Northern Ontario. In the summertime, just take a drive down a major northern highway and count how many chip stands you will find. It is the same in remote First Nation communities. We seem to be addicted to grease. Wherever there is a need for fast food, there is a little restaurant or stand with a bubbling deep fryer transforming the ordinary potato into crispy, greasy, finger-licking-good fries.

Few of us stop to really consider what all this grease intake means for our health. We just don't see this as a problem until it bangs us over the head with a heart attack, stroke or diabetes.

Well, with all that said I have some good news from Mattagami First Nation near Timmins. I was happy to hear that recently a restaurant owner in that community has decided to tackle the issue of grease right where it counts: the menu. Bruce McKay and family, who own and operate the Mattagami

convenience store and restaurant, have tossed out their old fatty food menu for a selection of homemade meals that are low fat and lower in calories.

It was no easy task to move away from a menu that revolved around French fries and all types of breaded and deep-fried hunks of fat. Bruce tells me that it all came to them over a period of years and that one day he and his wife Betty just got fed up with the fat. They really began to feel guilty about feeding people foods that were not very nutritious or healthy. They felt bad that Elders were coming in and eating up gobs of fat that were plugging their arteries and causing all types of health complications. They also felt terrible at realizing that the local youth were following in their Elders' footsteps and becoming addicted to all those greasy, fried foods.

I was amazed at the fact that Bruce and his family were courageous enough to make the change for the betterment of their community. Of course, any businessman would fear making drastic changes to an operation that is making money. I mean let's face it, grease sells in the north. Happily, the community of Mattagami First Nation has embraced the new menu and they are now enjoying the change of healthier options in meals. Bruce has disconnected the deep fryer and he hopes he can keep it out of service as he and Betty now produce low-fat meat sandwiches, homemade soups and wonderful salads. They also did not forget the homemade desserts.

There is no doubt about it, Bruce and Betty have taken a risk with this new healthy menu and although there have been some growing pains, community members are getting used to having a meal that does not jeopardize their mortality.

Perhaps the McKays are really on to something in the wake of an emerging trend hot on the heels of movies like *Super Size Me*. Maybe we are all ready to make the move to eating meals that taste great and do good things to our bodies. I'm thinking that the deep fryer would go well up on a shelf in the Mattagami Restaurant and Convenience Store, after all, that's where all the antiques and reminders of yesteryear are sitting.

BIRTHS - 100

I would like to congratulate my sister Jessica and her boyfriend, Wenapash for the birth of thier princess Shanika-Skye. (I luv her name!) Also to Aben and Amanda for the birth of thier BIG baby boy, Aben Jr, and to Valerie and Eric on the birth of their baby girl Tausha. Welcome to Mommy and Daddy world! Take care! From: Patrick, Annie, Tex, Jacob, & Rachel

Congratulations To My Sister ALice Salt On The Birthday Of Her 2nd Baby Boy Jaysen Isaac Waylon Robert Born On February 2-07, Time 8:49 AM Wighing 8 lbs 2Oz, In Val D'or qc...a Baby Brother For Jaylen ...Also Happy 1st Birthday To Jaylen On the Feb 2...Take Care Of Your baby boys Now Alice...From Your Sister Sharon And Boys(Antony & David)

BIRTHDAYS - 101

To my wonderful aunt Francis Couchees Happy Birthday from Olivia Couchees I love you.

To my brother Blake Bosum Happy Birthday to you. I hope you have a good day. And my beautiful Niece Brooklyn Amber who lives in Quebec City I love you both from Olivia Couchees

We would like to say Happy belated Birthday to my oldest brother George.J.Matoush From Mistissini. His birthday was on February 4th, 2007...hey brother hope you didn't drive the p-bus, on your birthday...lol...anyways Luv n we miss you very much..Once again happy belated birthday brother...And many more birthday's to come..From:S.S & E.S.(Wemindji)

Wishing my brother, Jimmy Sealhunter, (Chis) Happy birthday. On February 13, Hope you have many more birthdays. Also to our dear Mom, Nellie; **Happy 88th birthday** on February 24. Mom, we love you so much, I thank the Creator everyday for blessing us with a mother like you. I want to wish you, good health, You deserve it, especially on your b-day. Once again, **we love you, mom.** From your children; Bobby, Sarah, Daniel, Jimmy, Samuel, Margaret, George & John.

On January 22nd My Lil Niece, which also celebrated her 3rd birthday too. Her name is Jerrilyn Jane Alice Matoush. Hey girl this time I was at ur birhtday feast & I wish I could rewind the past to see you blow out ur first candle, but 3 is an awsome age for me to see you blow out. Well I hoped u enjoyed ur special day

On January 9 2007 a little trouble maker celebrated his 3rd birthday!! his name is Coby Tyreese Blackned witch I call my lil brother ga-ii-yum-sid-nsheemsh. Boy this is the first year I am not gonna see you on ur special day, but I was there when u turned 1&2, but I was still thinkin' about you on ur special day(l)(k)...lub u and miss u so much...last but not least "please be nice to Khaydon-boy don't give him another cut" and stay away from the microwave don't ever put anything in there" cause I heard the story about u..lol:d once again ii-yums! happy belated birthday from:Nadine.. lub ya coby! p.s:I miss you

Happy Birthday going out to Robbie Metabie Jr. and Simon Peter Metabie on February 16, Nina Metabie on February 16, Mary Swallow on February 13, Emily Swallow on February 15 (Happy 16th Birthday Emily...jk), and to Bella Loon Petawabano on February 23, 2007. Happy Birthday to you all and many more to come. From the Metabie Family.

Wishing A Very Happy Birthday to someone special in our lives, My mother/Grandmother Doreen Shashaweskum on Feb 3rd. We would like to Thank-You for all the great things you gave us and how supportive you were to us when we needed you. We also want to thank GOD for giving us a wonderful mother. We love you so much, Sabrina & Faith XoXo We would like to wish a happy belated birthday to our two loving grandchildren, Quinton Kanatewat who turned 3 yrs old on January 6, 2007 and Kyara Teneisha Kanatewat who turned 1 yrs old on December 16, 2006. We love both love you so so much from Grandma and Grandpa.

We would like to wish a Happy 7th Birthday to 2 young beautiful ladies from Mistissini. First to Ms.Destiny Grace Petawabano on Feb.12th. And to Ms.Katie-Joy Sealhunter-Matoush on Feb.24th. Have fun on your birthdays. Love from: Eddie, Julianna, Jayden & Trinity. (Chis.)

Wishing a very Happy Birthday to our grand-mama who's in Gatineau (Hull), Sheila Louttit-Chakapash on March 1st. May you be blessed with many more birthdays. Thank-you for taking us in whenever we come down for a visit. Luv & Miss Ya! From: Jayden & Trinity... A big Hello to Paige, Wawa & Boy.

I am sending this greeting for a friend from Moose Factory. So here it is: "A very special Birthday Greeting going

out to Ronnie Mianscum who will be 73 years young February 20th. He moved back home to Quebec this past summer. We all love you and miss you. From all of us here on the island of love! From, Werly, Kirby, Lester, Dennis, Jonathon, Dean, Tina and their Spouse's and girlfriends, your Grandchildren , Great-Grandchildren and "Shelby". P.S. Hi Caroline!

I just want to say Happy Birthday to my husband Elijah Shashaweskum he's from Wemindji. His birthday is on January 27.07. I really hope you will enjoy your specail day, snice you'll be working on your birthday. Once again **HAPPY BIRTHDAY..**and many more Birthday's to come...From: your wife S.S.(Wemindji)...X.o.X.o.X

I just want to say happy birthday to my sister from Chisasibi her name is Emily Matoush-Duff...Her Birthday is on January 27th.2007..Hey there try to have fun on your birthday sister....Once again **HAPPY BIRTHDAY TO YOU** and many more birthday's to come..From your sister in Wemindji...X.o.X.o.X

Dorianna Bobbish, wasa dabaw! My niece I miss you so much, I miss your lil' jokes kiaa...I think about you all the time and I know you miss me too. I will see you soon. This summer I'm planning to take my boys to Montreal at La Ronde and I will make that you will join us for this trip because I will need a sitter when I go to the casino...LOL. Anyways Happy 16th birthday & many more to come (Feb. 21) agooodaaaaa! I love you & I miss you with love always : Wapmesuu-in...lol Edith in Mist. Ps. Happy belated 14th birthday to Jeremy (Jimmy) on Feb. 3 Agooda take care bye.

Birthday Wish Going to Our Great Grandma Jacqueline Napash On February 9th, Happy Birthday and Many more to come...Hope You Enjoy your Birthday with Lots of Hugs & Kisses From Us Your Great Grandkids..Anthony & David,Alex,Harry,& Ronnie,Trenton & Cherish-Angel,Daisy, Jaylen & Baby boy..We Love You Anshkushuu

ANNIVERSARIES - 103

On February 14, 2007 My husband and I will be celebrating Our 2nd wedding anniversary and I want to take this time to say to him "For every kiss,I take a second to say a prayer. Each time you hold me, I take a minute to thank God for you. For every hour we spend together,I wish for more hours in the day.And for each day that we're apart,I miss you so

much my heart can't bear it. Love knows no boundaries. Love knows no distance. Fate brought us together, and nobody can keep our love apart! To my husband Wayne I love you with all my heart! Happy Anniversary with all my love Katie

PERSONALS - 300

Rebecca Matches my one & only sister goh whom I love & miss sooo much. I just want to tell you that I love you & that I will be here whenever you need someone to talk to. Also, I am proud of you because you are doing a very good job raising your beautiful girls. Always remember that I love you. Happy Valentine's day to you & the girls. I will see you soon agooda , take care with love always, you only sister: Edith in Mist. xoxo-xoxo

VALENTINE'S DAY

I would like to wish Happy Valentine's Day to My Love(s), Tex, Jacob, Rachel, also to Patrick Pien. Ee keeyabij, My mom, Rita, Charlie, Wenapash, Jessica and baby Shanika-Skye.

Happy Valentine's Day to our darling sweethearts, Jayden & Trinity Sealhunter. Words can't express how much LOVE we have for you 2. With love always, Mommy & Daddy (Julianna & Eddie).

Happy Valentine's Day To Our Grand Parents Katherine And Robert Salt (Chis)..Thanks for Everything You done For Us..We Love you From the L'il bottom's Of Our Hearts...With Love Always Your Grand Childrens Anthony & David,Alex,Harry & Ronnie,Trenton & Cherish-Angel,Daisy,Jaylen And Baby Jaysen

Happy Valentine's day to my parents (Irene & Isaac matches) in Chis. Owaa mom & dad, I miss you both so much and I want to tell you you both that I love you & I want to thank you for all the things that you have for done for me and my boys. We will see you soon. Tyler is really anxious of living with you guys again , he always says when is joomshoom coming to get me....anyways bye, take care & see you soon , We love you so much with love always your daughter in Mist. Edith xoxox

Happy Valentines day to my husband Gordon Snowboy i love you with my heart and soul..love always your wife Mrs Patricia Snowboy(whapmagoostui)





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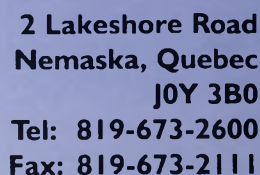
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